

Making Every Bite Count

Putting it All Together



Improving the Nutrition Environment

Vermont Department of Education
Child Nutrition Programs

Program Environment

- Comfortable place to eat
- Clear and consistent healthy eating messages
- Children learn to make healthy lifestyle choices in classrooms, dining area, class parties, sports events – throughout the program environment
- Children have many opportunities to practice healthy eating habits

Why is Healthy Nutrition Environment Important?

- Nutrition is related to:
 - Physical well being
 - Growth and development
 - Readiness to learn
 - Risk of disease

Why is Healthy Nutrition Environment Important?

- Unhealthy eating that start in childhood contribute to health problems throughout life
- Diet-related diseases include:
 - Heart disease
 - Some cancers
 - Stroke
 - Type 2 Diabetes
 - High blood pressure
 - Obesity
 - Osteoporosis

Overnutrition

- 5.3 million US young people aged 6 – 17 are seriously overweight

Definitions of Success

- Nutrition education and physical fitness are included in the educational program from pre-K through 12

Definitions of Success

- Administrators support the development of healthy lifestyles for students and establish and enforce policies that improve the nutrition environment. They address issues such as:
 - Kinds of food available on the school campus
 - Mealtime schedules
 - Dining space and atmosphere
 - Nutrition education
 - Physical activity.

Definitions of Success

- Staff, students and parents are part of the policy making process and support a healthy school environment

Definitions of Success

- Foodservice staff are part of the education team and participate in making decisions and policies that affect the school nutrition environment.

Definitions of Success

- The school has a health council to address nutrition and physical activity issues.